Remember, practice does not make perfect- Only *perfect* practice makes perfect!

Common mistakes we find on tests

Use these tips to better self-correct your training before you send in your test. We know that the first time you test can be challenging in front of a camera. Do not worry about that as we expect it.

9th Kyu - Rushing too quickly through the material, jumping around being ungrounded – instead take a posture and hold it. We don't want to see Ninjutsu done karate style – this art is a whole other feeling.
8th Kyu - Bobbing up and down while punching or doing san shin no kata – instead keep your head at one level.
7th Kyu - Choppy movement. Instead of stopping and starting your motions should flow from one to another. Use your feet more.
6th Kyu – Still using too much muscle and power to get it done. By now you should be using good timing, distancing and angling instead.
5th Kyu – Kihon happo not solid - We want to see you stay centered & solid in your Kihon Happo
4th Kyu – Same old 1-2 punch kick - instead do 3, 4 or more actions in a row.
3rd Kyu - Are you leading with your head instead of the weapon first?
2nd Kyu - Not getting in close enough and not planning ahead -start thinking moves ahead to set up your attacker – get closer inside
1st Kyu – Not paying attention to what else is possible to do varied kinds of moves.

Shodan – To prepare for your test do a complete overview of 9th kyu up to Shodan and be ready to share any technique if asked. Practice knife disarms with a partner who does their best to be somewhat realistic and not give up the blade to easily at the same time always being mindful not to seriously hurt each other in the process. Know when to stop and how to be perseverant.

Do your best to overcome these issues before submitting your test and you will be sure to pass.